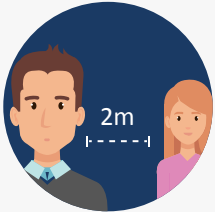


COVID-19

Social Distancing



Physical distancing

Making a conscious effort to keep physical distance from others by:

- Avoiding crowded gatherings and spaces
- Limiting contact with individuals at high risk of COVID-19
- Keeping 2 metre distance from others (at least 2 arms length)
- Staying at home as much as possible, including for entertainment and meals
- Shopping and taking public transit during off-peak hours



Interactions with others

- Wave as a greeting instead of hugs, kisses or hand shakes
- Use virtual technology such as WhatsApp or Facetime to stay in touch with family and friends



If you are able

- Work from home
- Stay active by exercising at home or outdoors
- Use online shopping or food delivery service



Always

- Wash your hands often or use alcohol-based hand rub
- Avoid touching your face
- Avoid touching surfaces others touch often



If you develop symptoms

- Separate yourself from others as soon as you have symptoms
- If you are outside the home when a symptom develops, go home immediately and avoid taking public transit
- Stay home and follow the advice of your Public Health Authority, who may recommend self-isolation
- Call ahead to a health care provider if you are ill and seeking medical attention